

BREAKFAST MENU

Continental **

Breakfast service for hotel guests on CP plan
\$21 per person

Choice of Juice

Chilled Orange, Grapefruit, Pineapple, Apple, Prune,
Vegetable, Cranberry and Tomato Juice

Bakery Basket

White and Whole Wheat Toast
Selection of Homemade Croissants,
Danish Pastries and Muffins
served with Jams, Marmalade and Honey

**Blended Coffee, Decaffeinated Coffee,
Selection of Teas, Hot Chocolate**

**** hotel guests on CP plan will be charged
An additional \$7 for the Elbow Breakfast**

Elbow

Breakfast service for hotel guests on BP/MAP plan
\$28 per person

Choice Of Juice

Chilled Orange, Grapefruit, Pineapple, Apple, Prune,
Vegetable, Cranberry and Tomato Juice

Bakery Basket

Selection of Homemade Croissants, Danish Pastries
And Muffins
served with Jams, Marmalade and Honey

Selection of Tropical Sliced Fruits

Cereals

Cornflakes, All Bran, Raisin Bran, Bran Flakes, Granola
Rice Krispies, Special K, Muesli or Hot Porridge
served with choice of Milk: Full, 2%, Skim or Soy

Cooked Breakfast

Choice of Eggs

Scrambled, Poached, Fried or Boiled Eggs

Or

Omelette (Cheese, Ham, Mushroom or Tomato)

Served with your choice of Bacon or Grilled Ham
Pork Sausages, or Field Mushrooms

OR

Bermuda Fish Cakes with Banana Chutney

Breakfast items garnished with Rosemary Roast Potatoes
and Grilled Tomato

Blended Coffee, Decaffeinated Coffee, Hot Chocolate

Selection of International Teas

English Breakfast, Earl Grey, Darjeeling, Orange Pekoe
Jasmine, Green Tea or Decaffeinated Tea

A La Carte Breakfast

Choice of Juice \$6

Chilled Orange, Grapefruit, Pineapple, Apple, Prune,
Vegetable, Cranberry and Tomato Juice

Fruit

Selection of Sliced Fresh Seasonal Fruit \$13

Pink Grapefruit Segments \$7

Stewed Fruit \$9

Cereals \$8

Cornflakes, All Bran, Raisin Bran, Bran Flakes, Granola,
Rice Krispies, Special K, Muesli or Hot Porridge
served with choice of Milk: Full, 2%, Skim or Soy

Yogurt \$6

Plain, Low Fat Fruit

Lido Bakery Selection

1 Piece \$4.00 2 Pieces \$8

Croissant, Danish or Muffins

(Bran, Chocolate Chip and Blueberry)

Toasted Bagel -2 Pieces served with Cream Cheese \$7

White, Wheat or Rye Toast - 4 Slices \$4

served with Jams, Marmalade and Honey

Breakfast Favorites

Choice of Eggs:

Scrambled, Poached, Fried or Boiled Eggs \$13

Garnished with Rosemary Potatoes and Tomatoes

With your selection of Bacon or Grilled Ham

or Pork Sausage or Field Mushrooms \$15

Omelette \$16

Cheese, Ham, Mushroom or Tomato

Egg White Omelette \$16

Cheese, Ham, Mushrooms or Tomato

American Pancakes \$12

Plain, Banana or Blueberry with Maple Syrup

Belgian Waffles \$12

Maple Syrup and Whipped Cream

Eggs Benedict \$17

Toasted English Muffin, Canadian Bacon, Asparagus
and Hollandaise Sauce

Scrambled Eggs \$19

with Smoked Salmon

Bermuda Fish Cake with Banana Chutney \$17

Raisin Bread French Toast \$12

Mango Syrup and Fruit Compote

Side Orders \$7 each

Bacon, Pork Sausage, Ham Breakfast Potatoes

Beverages

Specially Blended Coffee or Decaffeinated Coffee \$5

Espresso \$5

Cappuccino \$6

Double Espresso \$6

Selection of International Tea \$ 5

English Breakfast, Earl Grey, Darjeeling, Orange Pekoe,
Jasmine, Green Tea or Decaffeinated Tea

Selection of Fruit and Herbal Teas \$5

Chamomile, Peppermint or Mango

Hot Chocolate \$6

Milk:

Full, 2%, Skim or Soy Milk \$4